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The NEBLINE, February 2004

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VISIT EGG CAM

Visit the 4-H
Embryology Web site at
lancaster.unl.edu. The
newly redesigned site
features fun activities,
photos & movies, and
educational resources
for parents and
teachers.



Lancaster County Benefits from a Year-Round Farmer's Market

Dave Smith
Extension Technologist

Farmer's Markets have become an amazingly successful phenomena nationwide. According to U.S. Department of Agriculture (USDA) statistics, farmer's markets in the U.S. have increased from roughly 100 in 1980 to over 2,800 in 2000.

Many people have visited a Farmer's Market, but most people do not know the deeper benefits and role these markets play in their communities and in the local economy. Farmer's markets offer high-quality products, support the local economy and also support local farmers, with patrons visiting markets mainly for these specific reasons.

An important aspect of a farmer's market is it allows people to produce goods in a value-added structure where they are marketed and sold directly to the public, providing an outlet for small producers and fostering the establishment of community relationships not found in large chain stores or supermarkets. Another benefit is money generated in the process stays in the local economy and lowers transportation and energy input costs. Farmer's markets also play a significant role in the community at large with many participating in Women, Infants and Children (WIC) and state nutrition programs and programs to distribute fresh produce to needy families.

Lincoln's Historic Haymarket Farmer's Market operates on Saturdays from May to October and weekly has more than 100 vendors and over 2,000 people who visit from many communities in and around Lancaster County.

However, the Farmer's Market closes during the fall and winter seasons and the public does not have a convenient meeting place where local products and produce can be purchased. Similarly, many local producers do not have a place to sell their products after the market season. Even during the traditional market season the farmer's



At the Centerville Farmer's Market, vendors are responsible for all aspects of producing and marketing their goods within the building.

market is only open on Saturdays thus making a very limited amount of time the market is actually available to the community.

These two limiting factors of time are being addressed at the Centerville Farmer's Market at 808 Q Street in Lincoln's Historic Haymarket. This farmer's market is open six days a week, year-round and offers vendors and customers the farmer's market structure in a permanent and indoor location.

John Ellis, founder and general manager of Centerville Farmer's Market, has a unique perspective on farmer's markets having participated in the Haymarket Farmer's Market for years as an organic farmer in the York area. "I was interested in extending the positives I experienced at the farmer's market beyond the summer growing season," said Ellis.

According to Ellis those positives include filling the winter fresh produce gap, networking local communities, and supporting healthy lifestyles for people. Another vital component of the farmer's market is the education and sense of community that

occurs with locally produced goods. "People want to know who is producing their food and how it is produced, and that only happens with a locally supported agricultural system," commented Ellis.

Ellis views Centerville as a wheel, with the store as the hub and spokes extending out to producers and consumers at many levels. "I truly believe that this type of system could save agriculture," states Ellis, "by adding value to local products and providing alternatives to our existing agricultural system."

Currently, there are about 50 vendors at Centerville with room for another 50. The Centerville Farmer's Market is set up like a traditional farmer's market with vendors responsible for all aspects of producing and marketing their goods within the Centerville Farmer's Market building, while the employees of the market actually sell the products to customers.

Ellis also plans to use the space as more than a store location by offering live entertainment and other community-based events.

Wide Variety of Local Products Offered

Currently, there are about 50 vendors at Centerville offering a wide variety of products such as:

- | | | |
|-----------------------------|--------------------------------|-------------------------------|
| ■ fresh produce (in season) | ■ hot chocolate/cappuccino mix | ■ bath and body care products |
| ■ jellies | ■ bottled water | ■ nuts/seeds |
| ■ jams | ■ apple cider | ■ sauces |
| ■ bread mix | ■ organic oil | ■ salsas |
| ■ cake/muffin mix | ■ vitamin/mineral supplements | ■ spices |
| ■ organic popcorn | ■ soaps | ■ BBQ sauce |
| ■ organic grains | ■ lotions | ■ ostrich meat |
| ■ flavored popcorn | ■ peanut butter | ■ elk meat |
| ■ fresh milk/chocolate milk | ■ Irish imports | ■ organic beef |
| ■ egg nog | ■ books | ■ eggs |
| ■ coffee | ■ various crafts | ■ cheese |



Located at 808 Q St. in Lincoln, Centerville Farmer's Market is open six days a week.

CHANGE SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska

Lancaster County 4-H Council
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

Computerized Financial Record Keeping Workshops



Cooperative Extension will once again present Computerized Financial Record Keeping workshops in 2004. This very popular workshop series began in 1998 and has been offered in 16 locations, training representatives of 239 farming operations in computerized financial record keeping principles to date. Survey results of past participants show well over 80 percent believe they have learned to keep a more complete set of financial records and nearly 90 percent believe they learned to keep a more accurate set of records as a result of attending the training. Furthermore, 94 percent have indicated they would recommend the workshop to others who had the same level of experience as prior to attending the workshop. Workshops will be offered in four locations in 2004. See the bottom of this article for specific dates and locations.

All instruction will be presented in a hands-on teaching style with participants sitting at computers, practicing the principles being demonstrated. Participants, therefore, should have a basic familiarity with using a computer and typing on a computer keyboard.

Instruction will begin with the basics, no prior computerized recordkeeping experience is necessary. However, some prior experience with a hand-kept single entry accounting system (such as the extension blue book) would be useful. At a minimum, participants should have experience with keeping a check ledger, (preferably one that is periodically reconciled with bank statements).

To save time, much of the instruction on generating reports will be done using sample files that have been created to represent a typical crop and livestock farming operation.

Specifically, participants will receive instruction on:

- Setting up and starting your records.
- Developing a chart of income and expense accounts (categories).
- Entering transactions into the ledger (single transactions and income or expenses that should be split between multiple categories).
- Retrieving information in the form of various reports.
- Dealing with term loans, such as a car loan, within the recordkeeping system.
- Reconciling the ledger with the bank statement.
- Electronic banking and other time-saving information.

The concepts taught in this workshop are applicable to any of several inexpensive computerized record-keeping programs, with slight modifications in procedure. This workshop will be taught hands-on using Quicken 2004 Basic™ in the classroom.

Registration will be limited due to space and computer availability on a first-come first-served basis. After the class is filled, a waiting list will be developed in case of a cancellation. If you are interested, please contact the extension office for the location you wish to attend and ask to have a brochure sent to you or download a brochure from lancaster.unl.edu/ag/recordkeeping.pdf.

Written step-by-step instruction sheets for each topic have been developed and are intended for use in the workshop and reference materials to take home. Reference materials, lunch, and refreshments are all included in the registration fee. The registration fee for each workshop is \$45 for one person, \$50 for two people sharing one computer with two noon meals and one set of handouts. Please make your check payable to NU Cooperative Extension. Preregistration must be received at the host extension office with payment in order to hold a place in the workshop. Registrants will receive a registration confirmation and a map showing directions to the workshop location by return mail.

Workshop Dates and Locations

Preregistrations for all workshops due March 1.

March 5 — Lancaster County Extension office. Contact: Tom Dorn, Lancaster County Extension, 444 Cherrycreek Road, Lincoln, NE 68528, phone: 402-441-7180

March 8 — Geneva Public Library. 1043 G Street, Geneva, NE, contact: Terry Hejny, Fillmore County Extension, 972 G Street, Geneva, NE 68361, phone: 402-759-3712

March 9 — First State Bank, 1005 E. 23rd Street, Fremont, NE, contact: Dave Varner, Dodge County Extension, 1206 W 23rd Street, Fremont, NE 68025, phone: 402-727-2775

March 10 — NU ARDC - near Mead, NE, contact: Lance Brown, Saunders County Extension, 1071 County Road G, Ithaca, NE 68033, phone: 402-624-8030.

Check Condition of Stored Grain

Nebraska experienced one of the nicest falls in recent memory in 2003. Most dryland grain dried well in the field and required little additional drying to reach normal storage moisture of around 15 percent. One should not forget moisture content is not the only consideration for safe, long-term storage. The temperature of the stored grain is important as well.

Maintaining grain temperature below 70° F reduces insect reproduction. Insects become dormant at temperatures below 50° F and many are killed below 32° F. Temperature affects mold growth as well. Mold growth is reduced below 50° F and nearly stops at temperatures below 40° F.

When grain temperature is significantly warmer than the air temperature, convection currents can occur in a grain bin. Air will sink in the cooler grain near the bin wall and rise through the warmer grain in the center of the bin. Warm air moving up through the center carries moisture with it. When the warm/moist air contacts cold grain at the top surface, some of the moisture can condense and re-wet the grain. Crusted, moldy grain, sometimes with active storage insect activity can result if this condition is not discovered

early and corrected by breaking up the crust and running aeration.

To reduce convection currents in the grain, one should aerate whenever the average outdoor temperature is 20 degrees cooler than the grain temperature in the center of the bin. Typically, grain is aerated shortly after harvest in early fall and again in late fall as outdoor temperatures cool into the 30's and 40's. When cooling grain, be certain that the cooling front is pushed all the way through the grain mass before discontinuing the aeration. A cooling front pushed part way through the grain can result in moisture condensation in the zone where the two temperatures meet. This is especially important if temperature is being lowered more than 20 degrees in one step.

The amount of time required for an aeration cooling cycle depends on the airflow rate. The cooling time can be estimated by dividing 15 by the airflow rate. For example, 75 hours is needed with an airflow rate of 0.2 cfm/bu. Check grain temperature at several locations to determine when the cooling front has been pushed completely through the grain. Grain temperature changes about 50 times faster than the moisture content, so the air's relative humidity is of little concern

during grain cooling. Once grain has been cooled to below 50° F, the fan could be run intermittently to prevent re-wetting.

When not running the aeration system, remember to close roof hatches to prevent rain and snow from getting into the bin. Cover the fan whenever it's not running to prevent problems caused by the chimney effect that can draw in moist air at the bottom of the bin and up through the grain. (TD)

cfm/bu = Cubic feet of air per minute per bushel of grain in the bin

The airflow rate produced by a fan is a function of the fan design and the static pressure the fan must overcome. The static pressure is a function of the air delivery system, the type of grain and depth of grain in the bin. Once the type and depth of grain is known, the air flow can be estimated from performance data for the fan. The cubic feet of air per minute produced by the fan, divided by the total bushels in the bin, results in cfm/bu.

The Dream of Country Living

Country living ...for many people the very notion of living in the country conjures up mental images of peaceful hours sitting in the shade listening to the hum of insects and the chirping of birds while watching a mother deer and her fawn grazing native prairie grasses in the shade of a grove of trees.

For many folks, especially those who are developing a new acreage, the first several years provide few opportunities to sit and enjoy the agrarian setting. Instead, many new acreage owners discover there just aren't enough hours in the day as they labor to create the picture book setting they had dreamed about before they moved out of town. Often times, the first years on the acreage are spent establishing a windbreak, planting and caring for a lawn and landscape, establishing pasture grasses, building fences and outbuildings and trying to win the ongoing weed control battle in the lawn, flower beds and pasture.

Some folks want to live in the country so they can raise animals. Depending on the individual, we might see companion animals such as dogs, horses or llamas. Others might dream about raising meat animals for the freezer or as 4-H projects. Most new animal owners soon discover they don't know everything they should about nutrition, breeding, veterinarian care, space requirements, fence construc-

tion, etc.

Rural living also entails owning and maintaining a septic system or lagoon and for most people owning and maintaining a water well. For those new to independent living, there is much to learn about these systems that city folks take for granted.

When the question was asked in a Rural Living Clinic some years ago, "Why do you want to live in the country?" One lady exclaimed, "So he could have a tractor!" From the reaction of the other ladies in the workshop, I would say she hit the nail square on the head. While a tractor does impart a sense of power, as viewers of the TV show "Tool Time" can understand, most rural residents learn just how necessary one can be. In fact, a common mistake made by many new acreage owners is in not anticipating the need for large equipment on the acreage. In town, we depend on the city to clear the snow. On the acreage, it becomes the owner's responsibility. It just isn't realistic to expect to clear snow from 10,000 square feet of driveways with a garden tractor or walk-behind snow blower in most cases.

In town, we may have a 5,000 or 10,000 square foot lawn. Half to full acre and larger lawns are common on an acreage. When each acreage in a development has its own septic system, three acres is the minimum acreage size. Many acreage owners plant

their "extra" land to pasture grasses and many people prefer to convert it to native prairie grasses that usually take three or more years to establish. If weeds are six feet tall in the newly planted native grass pasture, the dream of recreating a piece of the Nebraska prairie seems pretty remote, especially if all you have is a riding lawn mower or garden tractor. Therefore, most rural residents soon long for a farm-sized tractor and the associated mowers, loaders and other equipment to help with these chores and it has nothing to do with the Tim Allen, "POWER HO-HO-HO-HO" syndrome.

Extension Resources

A team of extension educators in the metro area have been working on various information delivery systems to address the unique needs of rural residents.

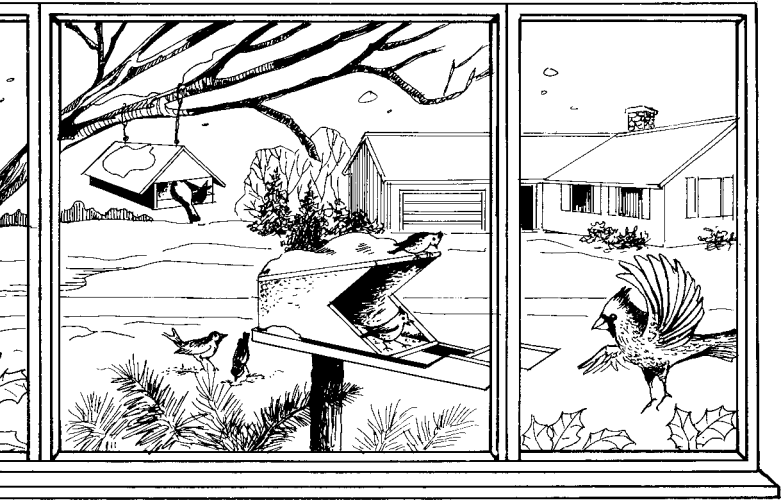
- A Web site has been created specifically for the acreage owner clientele. It can be found at acreage.unl.edu.
- A free monthly e-newsletter written for the needs of the acreage and small farm owner is available via e-mail or on the Web site. To subscribe to the e-mail version, go to dodge.unl.edu/Webforms/AcreageSub.htm. The web version can be accessed from the acreage Web site home page.
- Finally, a series of ten "Acreage Owner — Rural Living Clinics" has been scheduled for 2004. See information on next page. (TD)

Attracting Birds with Proper Habitat

Birds can be an important aspect of our backyard environment. In many cases, the quality of our environment is perceived to be directly related to the population of birds. The bird population in your yard or neighborhood park can be increased with the proper selection and arrangement of ornamental trees and shrubs. The selection of food-producing plants can ensure the presence of birds year-round.

To attract and maintain a bird population, a habitat should provide food, cover, nesting areas and water. Ornamental trees and shrubs can supply the necessary cover (shelter) and nesting areas. Many ornamental plants can satisfy more than one habitat requirement. For instance, multi-stem plants that form a dense canopy will satisfy the needs for nesting and also provide cover.

The food source for birds should be supplied, as much as possible, by the trees and shrubs in the yard. To maximize the natural food source, select plants to ensure an available food source year-round. The use of trees and shrubs native to your locale will help ensure that



appropriate fruits and berries are available for the local bird population. If the landscape does not supply food during certain periods, you can supplement with commercial mixes of bird seed. This will help keep birds in the vicinity of your yard. Some birds eat a wide variety of seeds while others prefer one or two types. The seeds that appeal to the majority of birds are sunflower, proso millet and peanut kernels.

Birds require a place of cover or shelter if they are to become long-term residents. They require protection from inclement weather (sun, heat, wind and rain) and natural predators. This is why the multi-stem plants that form a dense canopy are preferred by birds. The dense canopy also provides an ideal environment for nesting. Since birds require shelter year-round, the yard should have a mix of deciduous and evergreen

plants. Evergreen plants include broadleaf evergreens (such as holly) and conifers (such as red cedar). Several references suggest that at least 25 percent of the trees and shrubs should be evergreen.

A source of fresh water is also necessary to maintain your bird population. The water source should be shallow (no more than two to three inches deep) and replaced on a regular basis. Running water, such as a shallow fountain, is the ideal water source. The water source should be elevated or in the middle of an open area to minimize predation by cats and other animals. An elevated bird bath or fountain is ideal. (DJ)

For more information on attracting birds to your backyard, visit lancaster.unl.edu/enviro/pest/wildlife.htm for links to various resources, including "Landscape Plants That Attract Birds," "Attracting and Feeding Songbirds" and NebGuide (G84-671) "Backyard Wildlife: Planting for Habitat."

Urban Agriculture is Branch of Modern Sustainable Agriculture

Urban agriculture's overall nature makes the concept difficult to define. Taken literally, urban agriculture means "to establish and perform an agricultural practice in or near an urban or city-like setting." This is an oversimplified and somewhat open-ended attempt at defining what is a much broader and more complex system of dynamic variables. Despite the lack of a proper definition, urban agriculture has experienced a recent surge in worldwide popularity.

Agriculture, until recently, was considered an exclusively rural activity. Today, up to 30 percent of agricultural production in the United States originates from within metropolitan areas, and up to 15 percent on a global scale (Smit et al., 1996). In the U.S. and other developed parts of the world, urban agriculture is a convenient novelty full of potential. In contrast, it often serves as the sole means of personal and economic survival in the less-developed regions of the world. Agriculture has a long and outstanding history, but what many may not realize is that agriculture began as an activity within densely-populated areas. Population growth in these areas increased demand for food and sustenance. As a result, urban human settlement became segregated from rural animal and crop production areas.

Unfortunately, in modern times, arable land acreage is decreasing due to soil and environmental degradation, surges in industrial development and the need to accommodate increasing urban populations. Urban sprawl causes annual cropland losses equivalent to an area one kilometer wide stretching from New York to San Francisco. These trends contribute greatly to concerns about natural resources and food security. One solution to meeting future urban food security demands, while protecting and conserv-

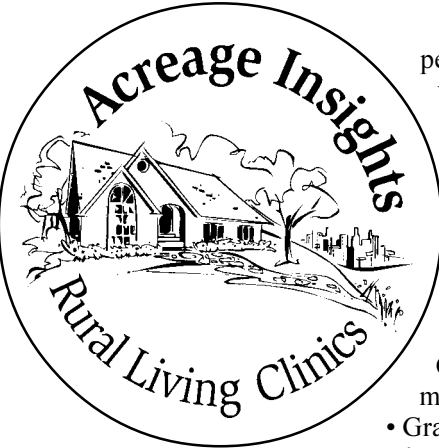
ing natural resources, is the conversion of unused parcels of land in the urban environment to sustainable food production areas. This transformation of urban areas is occurring worldwide at an ever increasing rate.

Urban agriculture is an alternative to what has been labeled *conventional* agriculture. However, it should not be considered solely an alternative means of producing food; it also is a viable, adaptive function and response to urbanization. Urban agriculture is not so much an alternative to existing agricultural systems as it is an established branching of modern sustainable agricultural systems. Ideally, urban agriculture incorporates various elements of modern sustainable agriculture to establish productive, reusable, self-contained waste and nutrient cycles. Resource conservation and management, integrated pest management (IPM) and organic food production, for example, can contribute toward developing safe, non-polluting environments.



USDA Photo by Ken Hammond

Today, urban agriculture takes the form of hydroponic and community gardening; roadside urban fringe agriculture; and field-to-direct-sale farmers' markets. Urban agriculture promotes food security, improving each participant's health and quality of life, while creating dynamic, aesthetically pleasing cityscapes. (DJ)



Clinics are \$10 per person advanced registration and \$15 per person at the door. Preregistration is required three working days before each program. If a minimum number of pre-registrants are not received, clinics will be cancelled and preregistered people will be notified and given a full refund.

The programs will be offered at the following locations:

- Omaha — Douglas/Sarpy County Extension Office, 8015 W. Center Road
- Columbus — Platte County Courthouse - Extension Office Conference Room, 2610 14th Street (participants must use the east basement door to enter.)
- Grand Island — Hall County Extension Office - Main Extension Meeting Room, 3180 W. Highway 34 (located in College Park)

- Lincoln — Lancaster Extension Education Center, 444 Cherrycreek Road

2004 PROGRAMS	DATE/TIME/LOCATION		
February ACREAGE WEED CONTROL	9, 7-9 pm Omaha	12, 7-9 pm Grand Island	14, 9-11 am Lincoln
March PASTURE MANAGEMENT	15, 7-9 pm Omaha	18, 7-9 pm Columbus	20, 9-11 am Lincoln
April SEPTIC SYSTEMS & WASTE WATER TREATMENT	19, 7-9 pm Omaha	22, 7-9 pm Grand Island	24, 9-11 am Lincoln
May VERTEBRATE PESTS	17, 7-9 pm Omaha	20, 7-9 pm Columbus	22, 9-11 am Lincoln
June SMALL SCALE MEAT ANIMAL PRODUCTION	21, 7-9 pm Omaha	24, 7-9 pm Grand Island	26, 9-11 am Lincoln
July PRIVATE DRINKING WATER SYSTEMS	19, 7-9 pm Omaha	22, 7-9 pm Columbus	24, 9-11 am Lincoln
August PONDS	16, 7-9 pm Omaha	19, 7-9 pm Grand Island	21, 9-11 am Lincoln
September WINDBREAK DESIGN & MAINTENANCE	20, 7-9 pm Omaha	23, 7-9 pm Columbus	25, 9-11 am Lincoln
October GRAPES	18, 7-9 pm Omaha	21, 7-9 pm Grand Island	23, 9-11 am Lincoln

For information about each of the programs in the workshop series or for a registration form, call the extension office for a brochure or go online at lancaster.unl.edu/hort/Programs/AcreageInsightsClinics.htm.

Power Tool Safety

- Before you use a power tool, take a minute to look it over for problems that might make it unsafe.
- Always wear proper safety attire, such as safety goggles or a face shield.
- Remove rings and other jewelry.
- Don't wear loose-fitting clothing.
- If you have long hair, tie it back.
- Only use a power tool for the job it was engineered to do.
- Never remove safety guards. They are there for your protection.
- Make sure safety guards are in working order.
- Clear your workspace of any clutter.
- Disconnect it immediately when done, and store in a safe place.
- Do not wrap the electrical cord around the tool when storing. This can weaken or break the cord and possibly cause an electrical hazard. (DJ)



Alice Henneman, RD, Extension Educator

Add some Valentine “red” to a dish of low-fat ice cream or frozen yogurt with this quick and healthy homemade strawberry sauce.

Strawberry Sauce

- 1½ cups fresh strawberries or partially thawed frozen strawberries
- 1 tablespoon lemon juice
- ¼ cup confectioners sugar

In a blender, blend strawberries with lemon juice and sugar until smooth.

Source: National Cancer Institute (NCI). For more recipes from NCI, check www.5aday.gov

A hot dish of oatmeal is especially tasty on a cold winter day. Here’s a recipe offered by the Centers for Disease Control and Prevention that includes not only heart-healthy oatmeal but also fruit.

Golden Apple Oatmeal

(Makes 1 cup serving)

- 1/2 cup (about 1/2 medium) diced Golden Delicious apple
- 1/3 cup each apple juice and water
- 1/8 teaspoon salt (optional)
- Dash each ground cinnamon and nutmeg
- 1/3 cup quick-cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

This is an official 5 A Day recipe.
Nutritional Analysis Per Serving: Calories, 180; Fiber, 4g; Cholesterol, 0; Sodium, 25mg; Percent calories from: Protein, 10%; Carbohydrate, 80%; Fat, 10%.

Web Resources of the Month

February is Valentine’s Month and Heart Month. Discover delicious and nutritious food ideas at lancaster.unl.edu/food/ciqlinks.htm#february

Frequent handwashing helps prevent colds and the flu. Download a FREE handwashing poster and table tent that promote handwashing at lancaster.unl.edu/food/handwashing.htm

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at lancaster.unl.edu/food/ciquipdat.htm



See “Red” on Valentine’s Day

Alice Henneman, MS, RD
Extension Educator

See “Red” on Valentine’s Day and throughout the year. The Produce for Better Health Foundation (PBH) calls red fruits and vegetables “Red-hot and Healthy.” They contain many health-promoting phytochemicals including lycopene and anthocyanins. Some “red” fruits and vegetables include red apples, cherries, cranberries, red grapes, pink/red grapefruit, raspberries, strawberries, watermelon, beets, red cabbage, red peppers, radishes, red onions, rhubarb and toma-

toes. For additional red fruits and vegetables and recipes, check the PBH Web site at www.5aday.com

Some “red” ideas for Valentine’s Day (or any day) include:

- Pasta with tomato sauce
- Tossed salad with red bell peppers
- Tossed salad with cherry or grape tomatoes
- Tomato soup
- Cole slaw made with red cabbage
- Cranberry sauce — use the bag of cranberries in your freezer you bought when they were on sale
- Oatmeal topped with a heart

- shape made of dried cranberries
- Raspberry smoothie — put 3/4 to 1 cup plain or vanilla-flavored yogurt in blender. Add a few tablespoons of frozen raspberries at a time and blend until desired consistency. After blending, if desired, blend in 1 or more teaspoons of sugar or artificial sweetener to taste.
- Frozen lowfat yogurt or ice cream with “real” strawberry sauce — see recipe at left.
- Pink/red grapefruit half topped with a sprinkle of brown sugar
- Red grapes as a side dish to your sandwich for noontime nibbling

A Healthy Plate — What Does It Look Like?



What is considered a “healthy meal” for adults? Is it a salad, served with low-fat dressing and a glass of milk or is it a sandwich and juice? Actually, it could include either. The University of Idaho has developed a meal plan called the “Idaho Plate Method” to help us visualize and plan healthier meals.

We can easily apply this method to our everyday meals at breakfast, lunch and supper whether eating at home or away.

Eat a Balanced Meal

Include at least one food from each of the five food groups, especially for lunch and supper. The plan includes

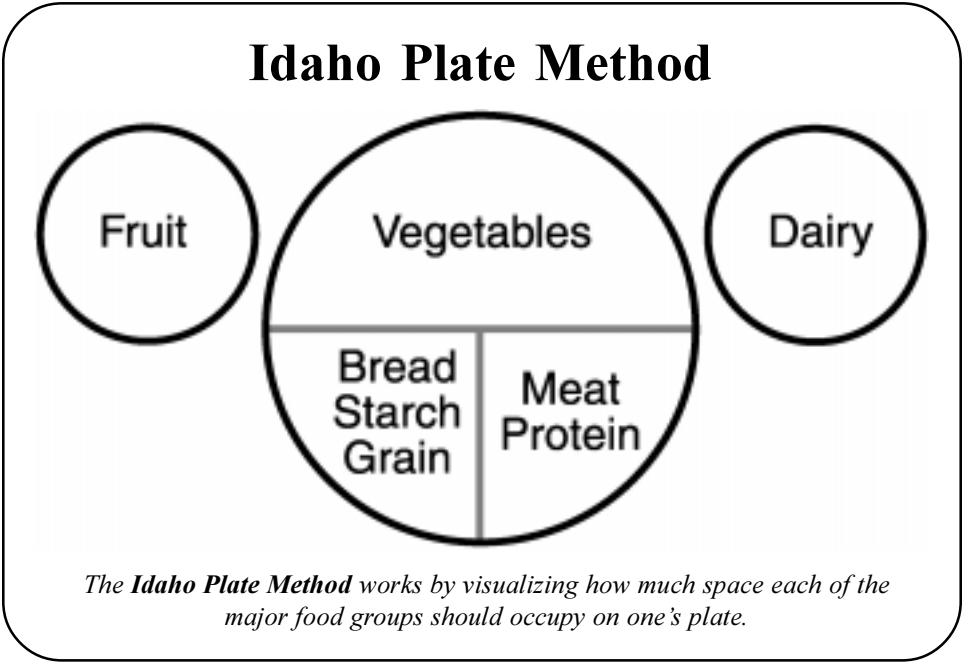
one serving from the protein, grains, dairy and fruit groups and two servings of vegetables. This reflects the emphasis by many health authorities to include more fruits and vegetables in our diet. Fruits and vegetables are low in calories, high in vitamins and phytochemicals including antioxidants that may prevent serious diseases.

Eat Foods in Healthy Portions

This is an equally important part of the plan. The following are some examples of healthy portion sizes from each of the food groups. Each food item is

- considered **one serving**.
- GRAINS — 1 slice whole wheat bread, 1 roll, 1/2 cup rice, 1 waffle
- VEGETABLES — 1 cup raw vegetables, 1/2 cup cooked vegetables
- FRUIT — 1 small piece or 1/2 cup raw fruit, 1/2 cup canned fruit
- PROTEIN — 3 ounces cooked meat, 2 eggs
- DAIRY — 1 cup milk or yogurt

Your next meal, look at your plate and see if it fits the “Idaho Plate Method.” Are you eating something from all five food groups? Are the foods in healthy portion sizes? This simple visual plan could help you eat healthier.



No-Salt Sloppy Joe Seasoning Mix

Alice Henneman, MS, RD
Extension Educator

What could be easier than some hot Sloppy Joe mixture served on buns, or over baked potatoes or pasta. Make your own seasoning mix to cut back on the salt found in commercial mixes. The “secret” ingredient for this recipe is no-salt-added ketchup.

Makes enough for use with 1 pound of ground beef.

- 1 tablespoon dried minced onion

- 1/4 teaspoon powdered garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon chili powder
- 1/4 teaspoon black pepper

1) Mix all ingredients until well blended.

2) After you’ve tried this and adjusted seasonings to personal taste, double or triple the recipe next time. It’s simplest to set out small bowls, such as custard dishes and measure enough for one recipe

into each bowl. Portion among 6-inch squares of heavy-duty aluminum foil. Fold tightly and store together in a plastic freezer bag in a cool, dark, dry place.

3) As a general rule, keep ground spices for about a year from time of purchase for best quality. Plan to use this mix while your seasonings are still within this freshness range for best taste.

To Make 4 Servings of Sloppy Joes

1) Brown 1 pound of lean ground beef over medium heat 8

to 10 minutes in a large nonstick skillet or until beef is not pink, breaking beef up into small crumbles. Pour off drippings.

2) Add seasoning mix, 1/2 cup of water and 1 cup of no-salt-added ketchup.

3) Simmer for 10 minutes, reducing heat as needed to maintain a gentle simmer. Stir occasionally. Add more water if the mixture becomes too thick.

Cook’s Tips

- 1 (8-ounce) can tomato sauce plus 1 to 2 teaspoons of vinegar and 1 teaspoon of sugar can be substituted for

the ketchup.

- Use leftovers within two days. Either reheat for Sloppy Joes or serve over pasta or baked potatoes. Freeze extras in freezer-quality bags in amounts you’ll plan to eat at one meal. Cool in a shallow pan (meat should be no deeper than two inches) before transferring to freezer bags.
- A large skillet is recommended for browning the meat. If the skillet is overcrowded, the meat will steam cook rather than brown properly. If you only have a small skillet, fry your meat in batches.

FAMILY COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
2004 FCE Council Chair

Greetings FCE members and families. January plunged us into the cold. I'm glad the calendar makers gave us February 14 for a sweet little break from winter monotony. And chocolate immediately comes to mind as a way to mark the special day.

Hot chocolate is one of my favorite comfort foods; it can be shared with young and old alike and often sets the



mood for warm idea exchanges. This year I plan to package some in an attractive container and visit a special person whose life has crossed mine. Each of us has some of those very unique and wonderful people in our lives who always make us feel happier for being alive.

I've included the recipe for hot chocolate to get you started if you would like to do the same.

Hot Chocolate Mix
8 quart Carnation
instant milk
1½ cups Coffeemate

1 (15 ounce) can Nestle's Quick
2 cups sifted powdered sugar
Mix all the ingredients well. Store in an airtight container. For serving, fill cup, glass, etc. half full and finish filling with hot water. A couple of good cookies could be an added bonus!
I hope this idea is a beginning for each of you to enjoy a special time with a relative, friend or grandchild. How often the best present is simply your presence.
Happy Valentine's Day.

FCE News & Events

Council Meeting
Jan. 26

The first 2004 Council meeting will be Monday, Jan. 26, 1 p.m. at the Lancaster Extension Education Center. Each person will be making a greeting card with Iris Paper Folding presented by Margie Smith. Two dollars will be collected to cover the cost of materials. Please bring scissors and a small cutting board (for taping strips too). Call Pam at 441-7180 to register. (LB)

February Leader
Training —
“Don't Be A Victim”

The February FCE & Community Leader Training Lesson will be presented

Tuesday, Jan. 27 at 1 p.m. “Don't be a Victim” will be given by Lorene Bartos, extension educator.

Identity theft and fraud has become a major concern. This lesson will cover how it can occur; what you can do about it; and how to guard your privacy. You will learn:

- What, when and why personal information should be given and to whom.
- To recognize the warning signs of fraud.
- How to protect yourself from these “crafty” thieves.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared.

March Leader
Training Lesson

“Fit and Healthy Kids,” the

March leader training lesson will be presented, Tuesday, Feb. 24 at 1 p.m. Lorene Bartos, extension educator, will give the lesson.

In the last 20 years the proportion of overweight children between the ages of 6 and 19 has tripled to nearly one of every three kids. The goal of this program is to understand the values of healthy food choices and physical activities for children. This program will help explore ways parents, caregivers and communities can help children become healthy and fit.

Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Ease Parenting During Teen Years With Communication, Involvement

Teen years can be stressful for parents and children. However, this is an important time for teens as they develop into adults. Although parents need to be in control, many feel their teens control them. Communication, understanding and involvement are key in coping during teen years.

Part of growing up is learning to make decisions. Often, as children enter adolescence, they begin to push parents away. Although teens need to do some things for themselves, they still need their parents. It's important to provide support and guidance without being overbearing.

When conflicts arise, it's important to practice respect. Children are expected to respect their parents, but parents need to remember to respect their children. Teens often are faced with dangers such as drugs and alcohol. Respect and guidance are important in helping children learn to resist these pressures.

At the same time, it's important to set limits and provide structure. Set reasonable rules and be specific so teens

understand what constitutes rule-breaking. If possible, set rules and talk about consequences ahead of time. This is important in maintaining the teen's respect for his or her parents.

Many parents communicate with teens for an average of only 30 seconds a day. The rest is giving orders.

When rules are broken, discipline should teach teens what they should do differently next time — not just punish them for what they did wrong. Be reasonable according to the offense and the difficulty in enforcing the discipline. For example, it may not be a good idea to ground a teen for a month since this takes extensive effort to enforce. Parents may need to take time to think through a situation to determine appropriate discipline.

It's also important to talk to children instead of just ordering

them to complete homework, chores or other tasks. Many parents communicate with teens for an average of only 30 seconds a day. The rest is giving orders. In developing dialogue, ask questions that allow teens to elaborate on their responses not just give yes or no answers. Parents can express their concerns by using statements with “I” instead of “you,” such as “I'm concerned” or “I'm happy.” Saying things such as “You make me so mad” only puts more pressure on teens and builds resentment.

Parents also should try to be involved and interested in their children's activities. When children are young, parents often are very involved, but participation can drop off during teen years. Teens may tell parents it's not necessary to attend their activities, but they also need to know their parents care. Little things, like making eye contact at events or going to parent-teacher conferences, help teens realize their parents really care. Remember, teens still need hugs and love, even when they don't seem very lovable. (LB)



by Lorene Bartos, Extension Educator

Keep Heating & Cooling Costs Under Control

Heating and cooling your home typically accounts for about 44 percent of your utility bill. What's more, U.S. heating and cooling systems emit more than half a billion tons of carbon dioxide each year, contributing to global warming, and they generate large amounts of sulfur dioxide and nitrogen oxides, chief ingredients of acid rain. You can significantly cut energy costs and use by setting your thermostat low in the winter and high in the summer, but it's also important to maintain your heating and cooling systems. Clean or replace filters on furnaces once a month or as needed, and clean warm-air registers, baseboard heaters and radiators periodically, making sure they're not blocked by furniture, carpeting or drapes. Also, use kitchen and bathroom fans wisely; in just one hour, these fans can pull out a houseful of warmed or cooled air.

Sharing Meals Important to Building Family Unity

Family meals can be difficult to squeeze into busy days, but their importance for building strong families is crucial.

Most families are caught in a time crunch between jobs, school, chores, homework, sports, music lessons or other commitments. This doesn't leave much time for family meals. Research shows families are more emotionally healthy when they spend time together and there's no better time to talk and enjoy each other's company than dinner time. Family meals also can build strong family traditions, improve nutrition and reduce stress. If families aren't used to eating together nightly, start slow with one meal together a week. Find out what works for an individual family and go from there.

It's important to make the most of family meal time. Don't concentrate too much on what kinds of food are prepared but how they are served. For example, a meal doesn't have to be hot to be healthy. A simple meal of sandwiches and salad served with love and laughter is just as healthy as something cooked on the stove for hours. For more information on putting together healthy meals in a hurry, visit UNL Cooperative Extension in Lancaster County's “Cook it Quick” Web site at lancaster.unl.edu/food/ciq.htm.

lancaster.unl.edu/food/ciq.htm.

Just because a meal is prepared quickly doesn't mean it needs to be eaten quickly. Meal time is a great chance for families to catch up and share daily events. If families have trouble creating conversation they could create topics such as describing a different time and place each family member would like to live, picking a famous person who they'd most like to spend a day with or describing how they'd spend \$1,000.

If there are problems with too many people talking at once, use a talking stick or other special item that gets passed around the table. Only the person holding the item is allowed to talk. Avoid distractions during meal time by ignoring the phone and turning off the television. If there's a show that a family member wants to watch, tape it for later viewing.

Young children can be difficult at meal times, but allowing them to choose from a variety of healthy foods can help develop positive eating habits and attitudes while making meal time more enjoyable. Younger children tend to tune in more to meals they help cook so try letting them do simple cooking tasks during meal preparation. (LB)

CHARACTER COUNTS! CORNER

A Caring Person Is

- Compassionate and empathetic.
- Kind, loving and considerate.
- Thankful and expresses gratitude.
- Forgiving of others.

Caring means more than a concern for the well-being of others. It is a form of passion that generates commitment and conviction that allows us to endure, persevere and persist until we overcome whatever obstacles may be in our way. (LB)



2004 All-America Rose Selections

Three exceptional roses have been selected to be the All-America Winners for 2004. If you are planting roses this year, you may consider choosing one for your garden.

Memorial Day

Like the holiday of the same name, Memorial Day is truly worth celebrating. Expertly

representing the most popular class of modern roses, a hybrid tea, this medium-tall, upright and bushy variety features very large, full, spiraled blooms with more than 50 petals per flower. Evolving from pointed and ovoid buds, Memorial Day's clear pink flowers are accented with a lavender wash and grow to up to 5 inches in diameter. Its long cutting stems are beautifully covered with rich green



Memorial Day

particularly for unfurling its lovely rose petals. It makes a great, easy-to-grow addition to any garden.

Day Breaker

Day Breaker is an upright, bushy floribunda with bright, multi-shade blooms in yellow, blending to pink and apricot.

foliage to accent the large blossoms.

With its classic, strong damask rose fragrance, a single Memorial Day rose can fill an entire room with sweet rose perfume. A vigorous and productive performer, Memorial Day is highly disease resistant and especially loves hot weather, par-

From pointed and shapely buds, its spiraled blooms grow to 4 inches in diameter, with 30 to 35 pedals per flower, each nestled among dark, glossy green foliage on a plant that reaches a medium height.

Day Breaker is an awakening of the senses, not only for its exquisite beauty, but also for its sharp moderate tea fragrance. Day Breaker truly earns its floribunda classification with its brilliantly colorful, long-lasting clusters of flowers in a hardy, continuous bloom.



Day Breaker




Honey Perfume

Honey Perfume

Honey Perfume is an upright and well-branched floribunda with apricot yellow blooms. Pointed, shapely buds open to reveal beautiful, four-inch blooms with petal counts of 25 to 30 nestled amongst dark green, glossy foliage that accentuates its color.

Growing to about 3 feet high and 2 feet wide, Honey Perfume exhibits a great spicy scent and very good resistance to disease, including rust and powdery mildew. (MJF)



Garden Guide

Things to do this month

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are phlox, daisies, coreopsis, asters and lilies.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil.

Branches of forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about 3 weeks.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

This year plan to grow at least one new vegetable that you have never grown before; it may be better than what you are already growing. The new dwarf varieties on the market which use less space while producing more food per square foot may be just what you are looking for.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growth species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Late February is a good time to air-layer such house plants as dracaena, dieffenbachia and rubber plant, especially if they have grown too tall and leggy.

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use. (MJF)

Controlling Houseplant Insects

Several species of scale insects, mealybugs and whiteflies are commonly found on plants in the home. All are sap-feeding insects that can weaken plants and cause poor, stunted growth. Death of infested plants occurs only in severe cases.

Houseplant insects may create an annoyance caused by large quantities of a sweet, sticky liquid waste product called honeydew that is excreted as the insects feed. Honeydew can make a sticky, shiny mess on the plant and nearby furniture and floors.

Scale insects have a tan to brown shell-like covering or scale that protects the insect's body. Scales may be from one-sixteenth to one-fourth inch in diameter and are usually found on the stems and/or leaves. Some scales are hemispherical in shape, while others are oval and



Mealybugs

flat. Mealybugs appear as white tangles of cotton on the leaves or stems. A common location is the slim, protective gap at the junctions of stems and leaves. White flies are tiny white insects that feed and lay their eggs on the underside of plant leaves. When an infested plant is disturbed, the tiny insects take flight and then return to the host plant.

Houseplant insects are difficult to control. There is no easy, simple, one-shot cure. One possibility is to pick off individual scales and mealybugs or gently rub the insects loose from the leaves and stems. This is a laborious task that works only on small, large-leaved plants.

sprays made just for houseplants are available at garden centers. Formulated active ingredients such as insecticidal soaps and pyrethrin are available. Insecticides must be applied thoroughly, repeatedly and persistently, weekly for a month or more, to get good control.

Granular insecticides you add to the soil of infested houseplants seem to have very limited effectiveness and their use is discouraged because of toxicity concerns. On those plants that regrow after pruning, removing the heavily infested stems and treating the remainder is a possibility. Finally, unless the plant is particularly valuable, many people find it best to throw away infested plants before the pests spread to other houseplants. (MJF)



Scale insects



White flies

Dealing with Woodpecker Damage to Houses

Woodpeckers are among the most recognized birds and are interesting to watch. They are beneficial to our natural environment, but they become a nuisance when they damage houses.

Woodpeckers have a strong, pointed bill, used for chipping and digging into tree trunks for wood-boring insects. They nest in cavities that they chisel deep into a large branch or tree. Several species of woodpeckers are found in Nebraska, including hairy woodpecker, downy woodpecker, red-headed woodpecker, red-bellied woodpecker and the northern flicker. The yellow-bellied sapsucker overwinters in southeastern Nebraska, but is relatively uncommon.

Damage results when woodpeckers “hammer” on houses, peck holes in search of insect food or excavate a roosting or breeding cavity. In forested areas, these activities are on trees. A high percentage of homes damaged by woodpeckers have natural cedar siding. To a woodpecker, the natural cedar siding and the size of the house make these houses seem like a “super tree”, a huge tree that has no bark.



Woodpecker damage due to foraging for carpenter bee larva on fascia boards of a house.

the major sources of insects that woodpeckers use for food. Wood in utility poles, fence posts, wood siding is also recognized by woodpeckers as a source of insects, especially if insects hide in cracks in the wood.

Nesting/Roosting

Woodpeckers that use a building for feeding and drumming sometimes drill a hole in an attempt to excavate a winter roost or nesting cavity. Woodpeckers will hammer completely through the siding and may attempt another nesting hole until the bird finds a suitable location.

Control

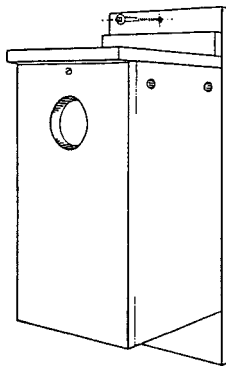
The key to successful woodpecker control is to take action as soon as you notice the bird damaging the house to stop the behavior before it becomes a habit.

If the woodpecker seems to be searching for insects, you can take actions to control the insects. Caulk tunnels and other openings in the siding. Insecticides or wood preservatives may help in some situations, although getting an insecticide into the siding where it will kill insects may be difficult. If the woodpecker is drumming, eliminate ledges or the cracks the bird uses for a foot-hold.

Attach visual scare devices such as strips of aluminum foil, scare-eye balloons or a child's hand-held windmill to the area of the house where the bird most often hammers. A shaving mirror with the large-image side toward the woodpecker has been effective, apparently because the mirror reflects the image of a larger woodpecker. Plastic owls and snakes may also work to

scare woodpeckers. You will have to move visual scare devices regularly to keep the woodpeckers from getting used to them.

If the bird drums on only one or a few locations on the house, either deaden those spots to muffle the noise as much as possible or cover them with a piece of sheet metal, hardware cloth or hang plastic bird netting four or five inches from the house to keep the bird away. If it seems to be trying to excavate a cavity, try putting a suitable nest box high on the house and maybe another one high in a nearby tree. To make your own nest box, refer to UNL Cooperative Extension in Lancaster County Educational Resource (024-99), “Build a Nest Box to Attract Birds,” available at the Lancaster County Extension office.



If your house has natural cedar siding, use a water sealer to seal the small holes; the wood can then be painted. Some homeowners report painting their house helps reduce woodpecker damage.

Woodpeckers are migratory, non-game birds protected by the Federal Migratory Bird Treaty Act and the Nebraska Game and Parks Commission. This means killing birds or destroying eggs is against federal and/or state laws. Killing birds can only be done with a permit obtained by the Nebraska Game and Parks Commission. To find out how to obtain a control permit, contact the Game and Parks Commission at 471-0641. (BPO)



Damage due to woodpecker foraging for insects on cedar shingles.

Drumming

During courtship activities in the spring, male woodpeckers advertise their territory by “drumming”, repeatedly hammering on the side of an object, like a dead tree or limb. Unfortunately, woodpeckers sometimes choose man-made objects that amplify the sound, such as wood siding, rain gutters and downspouts.

Feeding

Wood from trees is one of

Beginning Beekeeping Workshop

Conducted by
Dr. Marion Ellis, UNL Extension Apiary Specialist
Nick Aliano, UNL Graduate Assistant
and Barb Ogg, UNL Extension Educator



March 22 and 23, 6:30–9:30 p.m.

Lancaster Extension Education Center

April 3, 9 a.m. to 2 p.m.

Optional apiculture lab, Agricultural Research and Development Center, near Mead

Interested in a new hobby that gets you outdoors and is fun and interesting, too? Learn from experts the basics of beekeeping in two, three-hour evening sessions. At the two evening sessions, you will learn about bee biology and behavior, colony location, the most common honey-producing plants and bee diseases successful beekeepers need to know. Participants will be able to order protective equipment and hive kits.

On April 3, participants are invited to the University of Nebraska Apiculture Laboratory at Mead, Nebraska to assemble hives, learn about processing honey and be able to examine hives. Members of the Nebraska Beekeeper's Association will be on-hand to share their knowledge with you.

Cost: \$15 (includes reference materials)

Register by calling the Lancaster County Extension Office at 441-7180.

For more information call Barb Ogg at 441-7180.

Drinking Water Q&A

Q. How do I know what is in my drinking water?

A. The Federal Safe Drinking Water Act requires communities to tell water consumers the source of drinking water and potential health effects if there are contaminants present. The Lincoln Water System prides itself in providing citizens of Lincoln exceptionally high quality water. Check out the report on their Web site: www.ci.lincoln.ne.us/city/pworks/water/safewtr.pdf

However, testing private water supplies is not required by current regulations. Owners of private water supplies are responsible to themselves for having their water supply tested to ensure it is safe.

Q. Can I tell if my drinking water is OK by looking at it, tasting it or smelling it?

A. No. In many cases, chemicals or microbes could make water unsafe to drink cannot be seen, tasted or smelled. The only way to know if water you use for drinking and cooking contains potentially harmful substances is for it to be tested. All Nebraska public water supplies are required by federal and state laws to be tested on a scheduled basis for potentially harmful contamination.

Q. Water often looks cloudy when first taken from a faucet and then it clears up. Why does this happen and is the water safe to drink?

A. The cloudy water is caused by tiny air bubbles in the water. After a while, the bubbles rise to the top and are gone. The air bubbles do not make the water unsafe to drink.

Water fact: Almost 80 percent of the earth's surface is covered with water; but less than one percent is fresh water that can actually be used for drinking, irrigating crops, recreation, industrial uses and other purposes. Ninety-nine percent of the earth's water is in oceans or frozen in polar ice caps. That's why it is very important we conserve and protect our fresh water supplies.

Source: Sharon Skipton, extension educator, Douglas/Sarpy Counties. (BPO)

Is Mold a Problem in Your Home?

The question many have is what causes mold. The key to mold control is moisture control. This time of year homes with high humidity and low air circulation may find mold problems in basements, around windows and in closets with outside walls. To prevent damage in your home and with the furnishings as well as avoiding health problems, it's important to control moisture. This will also eliminate mold growth.

The Environmental Protection Agency (EPA) suggests places that are often or always damp can be hard to maintain completely free of mold. If there's mold in the shower or elsewhere in the bathroom that seems to reappear, increasing the ventilation (running a fan or opening a window) and cleaning more frequently will usually prevent mold from recurring or at least keep the mold to a minimum.

The most important thing to

do when dealing with mold in a home is to find the source of the moisture causing the problem. After finding the problem, make the necessary repairs and then clean up the area. Areas that are porous such as wallboard, carpets and fabric items may be difficult to clean and have to be replaced. To clean a hard surface area, scrub mold off the hard surfaces with a detergent and water. Dry completely, then treat with a chlorine bleach

see MOLD on page 11

COUNTY AND STATE FAIR NEWS

Swine & Sheep Superintendents Needed

Swine and sheep superintendents are needed for this year's Lancaster County Fair. If interested, call Deanna Karmazin at 441-7180.

4-H Photography Themes

The 2004 County and State Fair 4-H Photography themes have been announced: Unit II — "Perfectly Purple"; Unit III — "Mailboxes."

State Fair Age Changes

Based on input from several groups, the decision has been made to lower the age for in-person participation at the State Fair to 10 years of age (as of Jan. 1, 2004) for the 2004 State Fair. This change will effect all areas where a person must be physically present. This includes the demonstration contest, style revue, speech contest and livestock areas. In addition, some static areas will allow entry-level exhibits. More information on this topic will be in future NEBLINE issues as well as the 2004 Lancaster County Fair Book. (TK)

State Fair Swine Rule Change

The current rule regarding previous exhibition will be removed for 2004, i.e. it will be acceptable for a pig to be shown before coming to State Fair. Although this State Fair rule is changing, it is still recommended that swine shows be terminal.

A pilot "Production Pig" class will be introduced at State Fair this year. This project will include identification and weigh-in of pigs in the spring. Judging at State Fair will include lean gain per day of age (which incorporates average daily gain and carcass characteristics), as well as a visual placing. (DK)

Lancaster County 4-H and 4-H Council invite 4-H'ers and their families to

Achievement Night



Thursday, Feb. 19 at 6 p.m.

Please call 441-7180 to RSVP by Feb. 13!
RSVP required — event limited

University of Nebraska East Campus Union - Great Plains Room

Part of Nebraska
State 4-H Week,
Feb. 15-21

Evening festivities include:

- Light snacks
- Awards presentation
- Activities & campus department introductions



2004 4-H Calendar

Events located at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln unless otherwise noted
Lancaster Event Center is located at 84th & Havelock

FEBRUARY

- 2 Horse Stampede Entries Due
- 3 4-H Council Meeting 7 p.m.
- 8 Teen Council Meeting 3 p.m.
- 15-21 Nebraska State 4-H Week
- 19 Achievement Night, *East Campus Union* 6 p.m.
- 24 Speech Workshop, Beginners-Intermediate Only 6:30 p.m.

MARCH

- 2 4-H Council Meeting 7 p.m.
- 5 Speech Contest Entries Due
- 13 4-H Horse Stampede, *Lancaster Event Center* 8 a.m.
- 14 Teen Council Meeting 3 p.m.
- 14 Speech Contest, *State Capitol* 1:30 p.m.
- TBA Rabbit Clinic, *Event Center* 6:30 p.m.
- TBA Spring Rabbit Show, *Event Center* 9 a.m. (7:30 registration)

APRIL

- 6 4-H Council Meeting, 7 p.m.
- 6 Citizen Washington Focus (CWF) Etiquette Banquet 7 p.m.
- 11 Teen Council Meeting 3 p.m.
- 13 4-H Leader Training 9:30 a.m. & 7 p.m.
- 17 Kiwanis Karnival, *Event Center* 7 p.m.
- 19 4-H Officer Training (Everyone Welcome) 6:30 p.m.

MAY

- 4 4-H Council Meeting 7 p.m.
- 11 Leader Training 9:30 a.m. & 7 p.m.
- 14 4-H/FFA Lamb Tagging & Weigh-in (or call for appt.),
Event Center 6-7:30 p.m.
- 14 Deadline for District/State Horse Show Entries, I.D's, Level Tests

JUNE

- 1 4-H Council Meeting 7 p.m.
- 1 County Fair 4-H Horse Identifications Due
- 11 County Fair 4-H/FFA Sheep/Goats/Swine/Breeding Beef/Bucket Calves/
Dairy/Poultry/Rabbits/Cats/Household Pets Identifications Due
- 14-17 District Horse Shows, East (Fairbury, Elkhorn, Oakland, Albion)
- 18 Discover 4-H Night at Saltdogs Baseball, *Haymarket Park* . 7:05 p.m.
- 21-24 District Horse Shows, West (O'Neill, Hemmingford, Grant, Broken Bow)
- 22-25 Clover College
- 28 PASE/Life Challenge, *UNL East Campus*

JULY

- 6 4-H Council Meeting 7 p.m.

- 8 County Fair 4-H Horticulture/Tree/Grass-Weed Judging
Contest 10 a.m.-Noon
- 8 Citizen Washington Focus (CWF) Meeting 7 p.m.
- 9 County Fair 4-H/FFA Animal Entries Due
- 9 County Fair 4-H Tablesetting/Bicycle Safety/Demonstration/Style
Revue/Egg Preparation/Turkey Barbecue Contests Registrations Due
- 11 Teen Council Meeting 3 p.m.
- 11-15 State Horse Show, *Fonner Park, Grand Island*
- 16 County Fair Demonstration Contest 1:30 p.m.
- 23 County Fair 4-H Style Revue Judging, *Event Center* 8 a.m.
- 28 Entry Day for County Fair Static Exhibits, *Event Center* ... 4-8 p.m.

AUGUST

- 1 County Fair Horse Show Pre-Fair Briefing, *Event Center* 2 p.m.
- 3 County Fair 4-H Horse Check-in, *Event Center* noon to 8 p.m.
- 3-4 County Fair 4-H Poultry Check-in, *Event Center* . (Aug. 3, 4-8 p.m.;
Aug. 4, 8 a.m.-noon)
- 3-4 County Fair 4-H Rabbit Check-in, *Event Center* .. (Aug. 3, 4-8 p.m.,
Aug. 4, 8 a.m.-noon)

August 4-8 Lancaster County Fair, *Lancaster Event Center*

- 16 Livestock Fair Review Meeting 7 p.m.
- TBA Nebraska State Fair, *State Fair Park*

SEPTEMBER

- 8 Horse VIPS Committee Meeting, *Event Center* 7 p.m.
- 11 Rabbit VIPS Committee Meeting, *Event Center* 7 p.m.
- 12 Teen Council Meeting 3 p.m.
- 14 4-H Council Meeting 7 p.m.
- 21 Open House, *Location TBA* 6 p.m.
- 21-26 AkSarBen 4-H Livestock Exposition, *Qwest Center, Omaha*
- 23 Leader Training 9:30 a.m. & 7 p.m.

OCTOBER

- 5 4-H Council Meeting 7 p.m.
- 3-9 National 4-H Week
- 10 Teen Council Meeting 3 p.m.

NOVEMBER

- 2 4-H Council Meeting 7 p.m.
- 14 Teen Council Meeting 3 p.m.
- TBA Fall Rabbit Clinic, *Location TBA*

DECEMBER

- 7 4-H Council Meeting 7 p.m.
- 12 Teen Council Meeting 3 p.m.

4-H Speech Workshop Feb. 24

The speech workshop will be held Tuesday, Feb. 24, 6:30 p.m. at the Lancaster Extension Education Center. We will focus this year on beginning speakers. The workshop will teach youth how to pick out a topic and talk them through writing a speech.

Depending upon building availability, the 4-H Speech Contest is temporarily set for Sunday, March 14 at the State Capitol. Keep checking THE NEBLINE for updates!

For more information about the 4-H speech program, call Deanna at 441-7180. (DK)

Horse Judging Certification

Starting in 2004 there will be a new 4-H judging certification program. Judges currently listed on the 4-H horse judges list will be required to attend a certification seminar within the next two years and then once every three years after that. Prospective judges may attend a seminar and successfully complete a written test at the end of the seminar to be added to the list. The first seminar will be held March 12. More information can be found at animalscience.unl.edu/horse/judgingseminar.htm. (MC)

Karnival Time is Near, Booths Needed

The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis. It is scheduled for Saturday, April 17, 7-9 p.m. at the Lancaster Event Center in the Exhibit Hall. All 4-H families are invited to attend this fun and free activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by April 2.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

4-H Club Officer Training

Mark your calendars now for the upcoming April 19, 6:30 p.m. 4-H Club Officer Training. All 4-H members are encouraged to attend! Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will also have an opportunity to participate in a mock meeting. (TK/DK)

CWF Collecting Best Choice UPCs, Ink Jet Cartridges

The Lancaster County Citizen Washington Focus (CWF) group is collecting Best Choice UPC labels.

CWF is also collecting used computer printer ink jet cartridges. CWF receives \$3 per cartridge. The following types of ink cartridges are accepted: all Hewlett Packard, all Lexmark, all Compaq, and Canon BC01/02/05, Bc20 and BX3.

Help raise funds for their June 2005 trip by helping collect "Best Choice" brand UPC labels from products and ink jet cartridges. Both can be dropped off at the extension office. Thank you for your help!

Dine Out for CWF at Don & Millie's Continue

On the second Sunday of each month, from 11 a.m. to 4 p.m., Don & Millie's continues to host Dine Out for 4-H Citizen Washington Focus (CWF). When people indicate they are eating for 4-H, Don & Millie's donates 20 percent of the profits of those meals. Don & Millie's is located at 5200 S. 56th Street.

FEBRUARY

Judy Fitzgerald

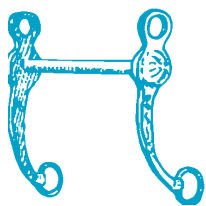
Lancaster County 4-H and 4-H Council are proud to announce Judy Fitzgerald as winner of February's "Heart of 4-H Award" in recognition of outstanding volunteer service.

Judy has been involved in the 4-H rabbit program for about 15 years. She is a presenter at many workshops, seminars and clinics for 4-H'ers, 4-H clubs and extension staff. She judges rabbits, static exhibits and showmanship. As a rabbit breeder (her rabbitry is J's Jolly Jumpers), she provides many 4-H'ers with rabbits and extensive information about their care. In addition to her work with Lancaster County 4-H, Judy also helps 4-H in nearby counties.

Judy was nominated by Ken Majors (a member of the Rabbit VIPS committee) and Robert Dresser (a 4-H parent). Said Ken, "Judy is a friend to 4-H'ers. She gives many hours to the 4-H community, always willing to answer questions, seeking out the right bunny, and encouraging the beginners and experienced 4-H'ers in their various projects."

Robert said, "I met Judy when my daughter and I attended a fall rabbit clinic. Judy was most receptive to questions and

see HEART 4-H on page 11



HORSE BITS

4-H Horse Stampede Rounds Out Horse Knowledge

The statewide 4-H Horse Stampede is scheduled for March 13. It is being held at the same time as the Horse Expo at the Lancaster County Event Center. 4-H'ers participating in any area of the Stampede will get a free ticket to the Expo.

Lancaster County is looking for more representation. We would love to see more participation this year or you might just come in and watch so you would know more about it and be ready to compete next year. The event can be both a tremendous learning experience and a lot of fun for youth participating in the 4-H horse program. Winners can go on and represent Nebraska at the national competition. This type of experience also looks great on resumes for scholarships and job applications.

In speaking with a few 4-H'ers and asking why they don't participate, one response they had in common was that they didn't know much about it. I spoke with Gabby Warner who is one of the Lancaster County 4-H'ers involved in the

public speaking, demonstrations and hippology events.

The following is from that interview.

"My Mom made me do it the first time," says Gabby. "She was in speech in high school and froze. She didn't want that to happen to me. At school I had to give a couple of speeches. I didn't freeze. I enjoyed it."

"If you like challenges, like testing yourself, it is really, really fun. It is very fun getting ready for speeches and finding information, stuff that you didn't know before. It helps you get over the fear of public speaking. It gives you a chance to learn more about horses. It has made me a better rider, too. Like when I was riding my horse and she cut her leg. I felt it right away from on top of her. I talked to the vet on the phone and was able to tell him exactly where on the leg she was hurt and then he told me not to worry and how to medicate the injury."

"In public speaking, I just pick a subject I don't know much about and research it for a couple of weeks. Junior speeches are from 5-7 minutes long. Seniors are 7-10 minutes. Demonstrations are sort of the same but are more fun than the public speaking because you have props. You have to be more prepared because you want the props to look nice and you get more points for that. I did individual demonstrations but you can do it as a team also. Putting together the posters is fun. Also finding interesting and fun facts to put into the

report is fun"

"With hippology (the study of horses) there are stations set up with a bunch of questions at each. You go around to each station and write your answers. It's not easy if you aren't prepared. There are questions on anatomy, confirmation, different types of bits, movements of the horse, etc. One station we had to name the bones of the lower leg of the horse."

"I haven't done a horse bowl. It's like a game show that you buzz in your answers. It really looks like fun but you have to have a team of three or four people. I'm trying to talk people into doing it with me!"

Gabby is the daughter of Kelly and Colleen Warner. (MC)



Gabby Warner credits the Stampede with helping her learn more about horses and becoming a better rider.

Complete 4-H Horse Stampede information can be found at animalscience.unl.edu/horse/stampede.htm. Those interested in forming or being a part of a quiz bowl team or anyone having any other questions please call Marty at 441-7180. The deadline for entry forms is Feb. 2.

4-H Horse Stampede Schedule

- 8:00 a.m. — Check in Demonstrations
- 8:00 a.m.-4:00 p.m. — Art Contest Judging and Display
- 8:30 a.m. — Check in Public Speaking
- 9:00 a.m. — Demonstration Contests
- 9:30 a.m. — Public Speaking Contests
- 9:30 a.m. — Check in Horse Bowl Teams
- 10:30 a.m. — Horse Bowl
- 7:00 p.m. — Awards Presentation

This schedule is tentative and may change. Participants will be notified of changes.

EXTENSION HIGHLIGHTS

New and Outgoing Lancaster County Extension Board Members



Outgoing board members Alice Doane (left), Wayne Heyen (center) and Sheila Kepler (not pictured) were recognized for their outstanding service to extension.

Lancaster County Extension welcomes new board member appointments. Carna Pfeil, Clarice Steffens, and Jay H. Wilkinson were recently appointed by the Lancaster County Board to three-year terms beginning in January 2004.

Extension board members assist the county extension staff in establishing and accomplishing extension education program goals and objectives. They work in partnership with University of Nebraska Cooperative Extension on priority issue areas of:

- Agriculture Profitability and Sustainability
- Children, Youth and Families
- Food Safety, Health and Wellness
- Strengthening Communities
- Water Quality and Environment

Carna Pfeil and Clarice Steffens are new appointees while current extension board member Jay H. Wilkinson was reappointed for a second three-year term.

Outgoing board members Wayne Heyen, Sheila Kepler and Alice Doane were recognized for their outstanding service to extension during the January board meeting. (GB)



Carna Pfeil joined the extension board.

2004 Master Conservationist Award Nominations due April 1

Sponsored by the Omaha World-Herald and the University of Nebraska Institute of Agriculture and Natural Resources; the Master Conservationist program was established in 1983 to recognize those who have excelled in soil and water conservation. Award categories include production agriculture, residential, community and youth. Last year, the Norris FFA Chapter was selected the winner in the 2003 Community Youth Group category for their "Safe Water Tomorrow Through Pollution Prevention Today Project."

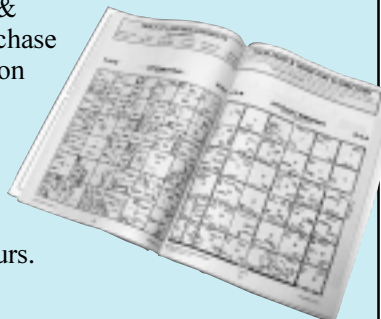
Guidelines for nominations can be obtained from the extension office. For questions about nominations, please contact Dick Fleming, Institute of Agriculture & Natural Resources: 472-8742 or e-mail rfleming1@unl.edu

Award recipients will be recognized during a special presentation at the Nebraska Association of Resource Districts annual banquet Sept. 27, at the Kearney Holiday Inn, and will be featured in the Omaha World-Herald on Sept. 26. Deadline for nominations is April 1.



Latest Plat & Directories Available

The latest Farm Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, LTD of Belmond, Iowa. Price for the directory is \$23. They are available for pickup at the reception desk during office hours. (GB)



Is Your Home Safe from Carbon Monoxide?

During winter months, the number of deaths and injuries from carbon monoxide poisoning increases with about 80 percent of deaths happening in the home. Consumers can take action to help prevent carbon monoxide poisoning.

Carbon monoxide is a colorless, odorless gas produced by burning fossil fuel. Each year, a qualified professional should check all fuel-burning appliances for potential carbon monoxide problems. Furnaces, water heaters and stoves that burn natural or propane gas, heating oil, wood, or other fuel should be checked for potential carbon monoxide leaks.

Chimneys and flues should be checked for leakage and creosote or debris blockage. Also be aware of ice or other weather problems that could cause blockage in chimneys and flues.

Loose or disconnected vents from furnaces, water heaters, boilers or vented space heaters also should be corrected. High temperature plastic venting pipes should be inspected for any separation or cracks—especially on gas-fired, mid-efficiency furnaces or boilers installed

between 1987-1990.

Professionals should also check for the potential of downdrafting or spillage. Downdrafting can occur when other exhaust fans are in use and the natural drifting of a fuel-fired appliance is overpowered and the air in the home is at a lower pressure than outside.

Downdrafts result when air flow reverses in a vent of a chimney pulling air and combustion gases back into the house. Anything that moves air out of a home and depressurizes the house can potentially downdraft the chimney. This includes exhaust fans, other vented appliances, fireplaces and holes in the ceiling. Tight homes can result in downdrafting when insufficient air is available for ample combustion. Consult an owner's manual for recommendations.

Heating systems may have poor combustion or poor venting. Defective installation of a vent, such as it being too small or large, insufficient height, too many elbows or improper location, can cause venting problems and contribute to carbon monoxide problems. To reduce the risk of carbon monoxide poisoning, natural

draft heating appliances can be replaced with sealed combustion units specifically designed to operate in tighter homes. The units are sealed pipes with outside combustion air supplied directly to the burner chamber. Also consider an air to air heat exchanger.

In addition to annual inspections, carbon monoxide alarms should be installed that meet Underwriters Laboratories requirements. Battery powered, AC current or a combination are available. Due to potential electrical outages or forgetting to check or replace batteries, a combination carbon monoxide alarm is recommended.

It's also important to never use charcoal grills in enclosed spaces, such as a home, garage, vehicle, tent or partially enclosed patio. Avoid using ranges and ovens to heat the home.

It is very important to have appliances and items inspected before they are used. Know the operating and safety procedures that must be followed. Generators, especially, require a complete understanding of how they are to be safely used. (LB)

Winter Series to Focus on Globalization

Chuck Francis
UNL Professor, Agronomy & Horticulture

February and March again bring us the Winter Lecture Series on international issues. Globalization is a key issue for all in agriculture and other sectors of U.S. society, and the impacts on food systems are a real part of our economic future in rural areas.

What does it mean to be a citizen of the world or of any one country? Six lectures will explore this topic and its relevance to us in Nebraska. A series called "National Identity and Global Citizenship" will explore the benefits and negative impacts of globalization.

Lectures are Sundays from 7-8 p.m., and questions from 8-9 p.m. Location is the Unitarian Church, 6300 A Street, Lincoln.

The public is invited and there is no charge for the programs.

Students interested in taking the series for undergrad or grad credit, please contact Chuck Francis at 472-1581 or e-mail cfrancis2@unl.edu. The series is offered as a seminar course for attending and doing short reports as well as participating in a final evaluation session: AGRO 496, section 005 (Call#1337) and AGRO 896, section 005 (Call#1363).

Schedule

Feb. 8 — "Trends in Development and Philanthropy in a Globalized World" by Natalie Hahn, 32 years with U.N. agencies

Feb. 15 — "International Politics and International Courts" by David Forsyth, UNL Political Science Department

Feb. 22 — "U.S. Politics

and Multi-Lateral Solutions to Global Problems: Pollution, Terrorism, Crime and Disease" by David Rapkin, UNL Political Science Department

Feb. 29 — "Enhancing Global Connections: the Role of Education in Developing Countries" by Joan Sullivan Owomoyela is an independent consultant with experience in NGOs

Mar. 7 — "A Legal History and Analysis of Sovereignty and Rights of Native Americans" by Attorney Walter Echo Hawk, legal counsel for Native American Rights Fund

Mar. 14 — "Mediating Ethnic Conflicts in Eastern Europe: the Role of Transnational Networks" by Patrice McMahon, UNL Political Science Department (GB)

Grantsmanship Training Scheduled for May 3-7

The Grantsmanship Training Program will again be offered to the Lincoln community May 3-7. The intensive, "hands-on" workshop covers all aspects of researching grants, writing proposals and negotiating with funding sources.

Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, Lancaster County Extension has hosted the Grantsmanship Training Program. Approximately 120



individuals representing various Lincoln and area agencies have participated to date.

For more information and to register, as early as possible,

contact The Grantsmanship Center at (800) 421-9512 or go to www.tgci.com. (GB)

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

JANUARY

- 26 Private Pesticide Applicator Training 8:30–11:30 a.m.; 1:30–4:30 p.m.
26 FCE Council Meeting 1 p.m.
27 FCE & Community Leader Training Lesson — “Don’t Be a Victim” 1 p.m.
30 4-H Horsin’ Around Registration Forms Due
31 Private Pesticide Applicator Training 6:30–9:30 p.m.

FEBRUARY

- 2 4-H Horse Stampede Entries Due
3 4-H Council Meeting 7 p.m.
8 4-H Teen Council Meeting 3 p.m.
13 Extension Board Meeting
15–21 Nebraska 4-H Week
19 4-H Achievement Night, UNL East Campus Union - Great Plains Room 6 p.m.
24 4-H Speech Workshop 6:30 p.m.

HEART OF 4-H
continued from page 9

responded with patience and valuable information. My daughter decided to join 4-H. We contacted Judy for a rabbit and our family visited her rabbitry. Again, she showed rabbits and provided much information. Over the next year, Judy has continued to provide information whenever we have a question about the rabbits.”

Judy says, “I love doing workshops. There is something special about each one — answering questions, providing information and giving kids hands-on experiences with rabbits.

“4-H is a great way for kids to find out who they are by exploring the world through directed activities. I am very grateful to be able to help youth learn about rabbits and learn to take responsibility for them.”

Judy is also involved with the American Rabbit Breeders Association (serving on the membership committee and as chair of the election committee), the Nebraska Tower on the Plains Rabbit Breeders Association (as Secretary/Treasurer) and the Husker Holland Rabbit Club (as Secretary).

She lives in Martell with her husband Jay. Their daughter, Sarah, is a former 4-H’er and rabbit breeder.

Congratulations to Judy. Volunteers like her are indeed the heart of 4-H!

To nominate your favorite 4-H volunteer or leader, submit the form available online at lancaster.unl.edu/4h. Nominations of co-volunteers accepted.

UNL Presents Equine 101 Course

University of Nebraska and Purina Mills present “Equine 101 — Introduction to the Horse.” This class meets Tuesdays from 7–9:30 p.m. for six weeks. This is an educational opportunity in equine science for the professional or amateur horseperson.

Classes meet at the UNL Animal Science Complex. People have the option to sign up for the entire course or attend a single session. Course Fee is \$100 for the whole course or \$25 per session. Registration forms are available at the extension office or online at animalscience.unl.edu/horse/horse101.htm. For more information call Dr. Kathy Andersen at 472-6411.

MOLD
continued from page 7

solution (3/4 cup bleach to a gallon of water) and keep damp for about 15 minutes to kill the mold. Take safety precautions when cleaning moldy areas. Wear gloves, mask and even goggles if the mold is severe.

To reduce the chances for mold act quickly when water leaks or spills occur. If wet or damp areas are dried within 24 to 48 hours after a water problem, mold probably will not grow. Reduce the humidity in your home. It is recommended

in the winter time the humidity in the home should be between 30–50 percent. Use air conditioners and/or dehumidifiers, when needed, in the summer. Run the fans in the bathroom and kitchen areas. Vent appliances that produce moisture, such as clothes dryers and stoves outside. Covering cold surfaces, such as cold water pipes with insulation will help prevent condensation.

Remember, in order for mold to grow, the conditions have to be just right and moisture is the main cause of mold. (LB)

ewf needs volunteers

Volunteers are needed for **earth wellness festival** on Friday, March 19 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.

Each year, over 250 volunteers take part in **earth wellness festival** activities. As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.–3:30 p.m.) or morning only (8:30 a.m.–noon). In return, you receive a festival T-shirt, a free lunch, an invitation to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact Meghan Sittler at 472-8823 or via e-mail at msittler2@unlnotes.udu.edu for more information. (DS)



This professor teaches beyond the books at Nebraska.

COLLEEN JONES, Assistant Professor of Management at the University of Nebraska–Lincoln, is shaping business leaders. Her senior-level Leadership in Organizations course pushes students to examine their values in preparation for their next step—a career. Because while management requires vision and decision-making skills, a knowledge of business, it also demands. “I believe our students really want to live up to their potential. They come in with a true inquisitiveness, a sense of really wanting to know. It makes it rewarding to teach here.”

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All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170

-
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Can You Guess It?

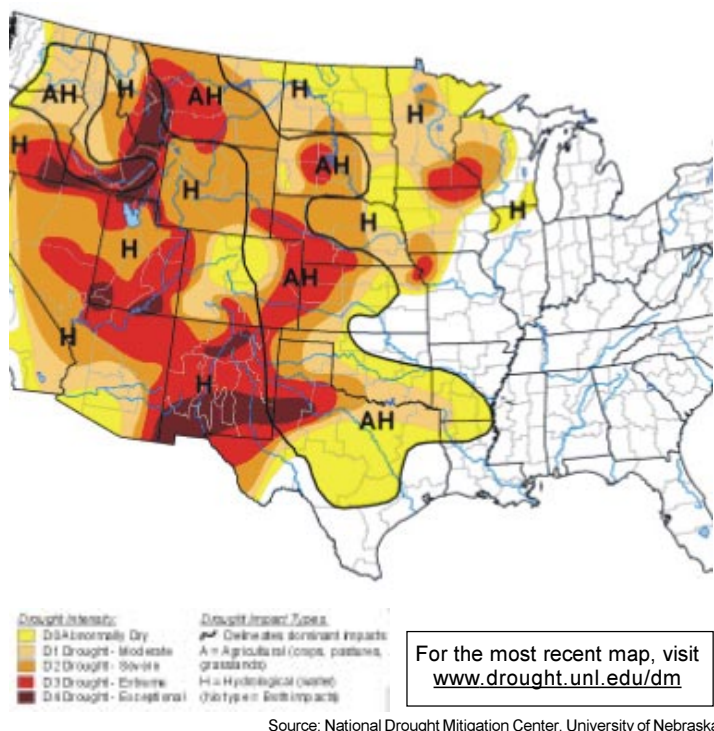


Did you guess it? Find out at
lancaster.unl.edu

Did you guess it from the January NEBLINE? The answer was mold and mildew growing on a bathroom wall.

Latest U.S. Drought Monitor Map

As of Jan. 6, Lancaster County is in moderate drought conditions.



Osborne Says Youth Programs Such as 4-H Make a Difference

The Nebraska 4-H Foundation has 2004 4-H Calendars available for 4-H supporters. The calendar features 12 photos taken by 4-H'ers across the state. Interested people can stop by the Lancaster County extension office for a calendar — supplies are limited. Below is a letter by Congressman Tom Osborne which accompanies the calendar.

Dear Nebraska 4-H
Supporter:

On behalf of the Nebraska 4-H Foundation, it is an honor for me to present to you the 2004 4-H calendar. A special thank you for all that you do to help the 4-H youth program in Nebraska.

As a Congressman and former football coach, I have seen first-hand what special organizations such as Nebraska 4-H can do to reach our youth and truly make a difference in their lives. As you may know, I have a strong passion for youth programs that point youth in the right direction by giving them the skills and leadership abilities they need to succeed. My involvement with mentoring programs continues to give me the opportunity to see how a small investment early in a child's life will positively influence that person in the future.

In my mind, the Nebraska 4-H program stands out as one of the best. By giving Nebraska's youth the opportunity to experience a myriad of activities, those involved in 4-H gain solid values and unique abilities needed to succeed in today's society. I have visited with many 4-H'ers in Washington, D.C., and in Nebraska, and

it is apparent the Nebraska 4-H program is providing the resources and educational opportunities to develop our leaders for tomorrow.

As with most youth programs I have been associated with over the years, the proven success of Nebraska 4-H does not happen without hard work and dedication. Similar to the play on the football field, it takes a team effort to ensure victory. The 4-H team of young people, volunteers, and supporters are critical to the "winning team" approach. To keep the Nebraska 4-H program in the victory column, the Nebraska 4-H Foundation needs your financial help. Whether you are a first time donor or have contributed

before, the 4-H program needs your support to keep it on its path to success.

I hope you will enjoy this 2004 4-H calendar funded by the Nebraska Investment Finance Authority. The calendar contains many great pictures to illustrate the "learning by doing" philosophy the Nebraska 4-H program demonstrates. Again, thank you for all that you do to assist the Nebraska 4-H program, and thank you in advance for your investment in a positive future for Nebraska youth.

Best Wishes
Tom Osborne
Member of Congress



4-H Camps Are Bigger and Better than Ever!

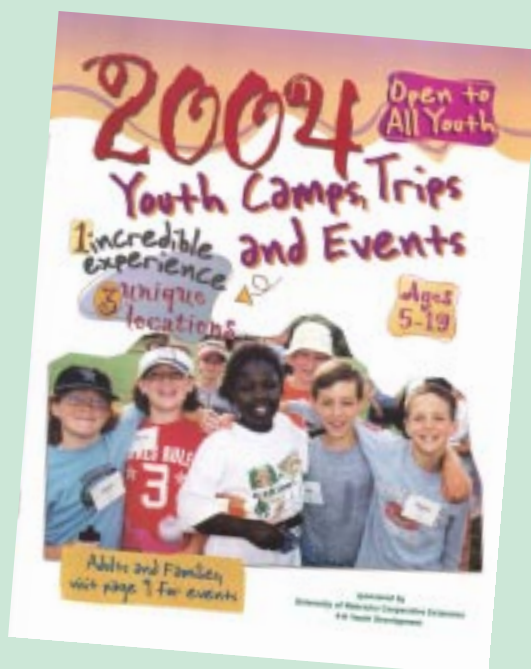
4-H camp has expanded in 2004 — many camps are much longer than the past!

There are three 4-H camp locations in Nebraska, including the Eastern Nebraska 4-H Center at Gretna and the Nebraska State 4-H Camp at Halsey. Camps are open to all youth ages 5–19.

There are more than 35 summer camps to choose from! Brochures are available at the extension office or online at 4h.unl.edu/camp/youth.

Summer camps are a great opportunity for youth to meet new friends, experience a wide variety of exciting activities and develop the traits of a confident and caring person.

**Save 10% by
registering before
March 15!**



Financial FUNDamentals 4-H Camp Mar. 5-6

This camp is all about money and FUN! Designed for youth ages 13–19 and their mom, dad or a mentor — this new camp will let you explore your money personality profile, set college cost goals, learn the FUNDamentals of checking, credit, savings, investing, and spending! Mom or dad can help you understand the complexities of handling your money and do it in an enjoyable setting. You'll also get to discover more FUN with the camp's TRUST Course, shooting sports, campfires and more. Can't you just see your mom or dad riding the zip line? The camp will be Friday, March 5 & Saturday, March 6 at the Eastern Nebraska 4-H Center near Gretna. Campers arrive around 5 p.m. on Friday night and leave at 5 p.m. on Saturday night. Cost is \$60 per person. For more information or to register contact Kelly Krambeck, Eastern Nebraska 4-H Center, 21520 W. Hwy. 31, Gretna NE 68028, (402) 332-4496.

Horsin' Around Conference Feb. 7–8

The University of Nebraska's 11th annual Horsin' Around conference Feb. 7–8 will give horse enthusiasts the opportunity to learn from nationally respected horse trainers Leonard Berryhill of Broken Arrow, Okla., and Steve Orth of Guthrie, Okla. The conference will be held at the Animal Science Complex on UNL's East Campus.

Finding a good cattle class prospect, basic training for working horses, developing the calf roping and team roping horse and roping classes — a judge's viewpoint are some of the areas being presented.

Preregistration is through Jan. 30. Cost for adults is \$25 for both days or \$15 /day. Youth is \$15 both days or \$10/day. Registration at the door (if available) is adults \$35 both days or \$20/day. Lunch will be on your own both days.

For more information call Dr. Kathy Anderson at 472-6410 or Marty Cruickshank at 441-7180. (MC)